

# River Valley High School/ Middle School 2022-2023 LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1	Boneless Wings BBQ Pork Sandwich Deli Wrap Salad Bar French Fries Fresh Orange Wedges Diced Pears	Street Taco's Pizza Melt Deli Wrap Salad Bar Black Beans & Corn Taco Pasta Salad Fresh Kiwi Mandarin Oranges	Meatloaf w/ Roll Smoked Sausage Sandwich Deli Wrap Salad Bar Mashed Potatoes & Gravy Mixed Fruit Fresh Apple Slices	Baked Potato Bar Crispy Chicken BLT Sandwich Deli Wrap Salad Bar Parmesan Broccoli Cucumber Salad Fresh Grapes Peaches	Variety of Chicken Tenders Mac & Cheese Pizza Deli Wrap Salad Bar Seasoned Green Beans Cinnamon Apples Fresh Honey Dew
WEEK #2	Build your Own Sub Pizza Quesadilla Deli Wrap Salad Bar Parmesan Potato Wedges Fresh Grapes Mandarin Oranges	Chicken Drumstick Glazed Carrots Cinnamon Roll BBQ Rib Sandwich Deli Wrap Salad Bar Broccoli Salad Fresh Watermelon Cinnamon Applesauce	Chicken Pot Pie Cheese Crunchers Deli Wrap Salad Bar Seasoned Green Beans Banana Fresh Orange Wedges	Popcorn Chicken Bowls Pepperoni Calzone Deli Wrap Salad Bar Italian Pasta Salad Buttered Corn Fresh Honey Dew Tropical Fruit Mix	Walking Taco's Refried Beans Pizza Deli Wrap Salad Bar Mixed Veggies Pineapple Tidbits Fresh Cantaloupe
WEEK #3	Deluxe Cheeseburger Blazing Buffalo Wrap Deli Wrap Salad Bar Baked Beans Blueberries Cinnamon Apples	Loaded Nacho's Refried Beans Shredded Chicken Sandwich Deli Wrap Salad Bar Sweet Potato Fries Fresh Cantaloupe Diced Peaches	Pasta Bar Bosco Stick Quesadilla Deli Wrap Salad Bar Cucumber Tomato Salad Parmesan Broccoli Banana Mixed Fruit	Breakfast Bowl Spicy Chicken Sandwich Deli Wrap Salad Bar Redskin Diced Potatoes Fresh Apple Slices Diced Pears	Grilled Cheese Tomato Soup & Pickle Pizza Deli Wrap Salad Bar Seasoned Green Beans Fresh Watermelon Cinnamon Applesauce
WEEK #4	Teriyaki Chicken Fried rice Hot Ham & Cheese Sandwich Deli Wrap Salad Bar Stir Fry Veggies Asian Noodle Salad Fresh Kiwi Mandarin Oranges	Burrito Bowl Grilled Chicken Sandwich Deli Wrap Salad Bar Cowboy Corn Salad Fresh Apple Slices Diced Pears	Chicken Noodles Mashed Potatoes Roll Mini Corn Dogs Deli Wrap Salad Bar Seasoned Green Beans Fresh Honey Dew Diced Peaches	Load Totchos Nashville Hot Chicken Sandwich Deli Wrap Salad Bar Cole Slaw Crispy Tater Tots Strawberries Pineapple Tidbits	Waffle Bar w/ Warm Fruit Toppings Sausage Links Pizza Deli Wrap Salad Bar Seasoned Peas Fresh Orange Wedges Tropical Fruit Mix
WEEK #5	Ravioli w/ Breadstick Popcorn Chicken Deli Wrap Salad Bar Seasoned Green Beans Blueberries Cinnamon Applesauce	Breakfast for Lunch Pizza Burger Deli Wrap Salad Bar California Blend Taco Pasta Salad Fresh Grapes Diced Peaches	Opened Faced Salisbury Steak Parmesan Chicken Sandwich Deli Wrap Salad Bar Mashed Potatoes Banana Mixed Fruit	Asian Bar Fried Rice Pizza Sub Deli Wrap Salad Bar Stir Fry Veggies Broccoli Salad Fresh Cantaloupe Mandarin Oranges	All American Bar Pizza Deli Wrap Salad Bar French Fries Fresh Watermelon Pineapple Tidbits

	Breakfast Menu
Mon.	Viking Bakery Variety of Pastries Assorted Fruit Juice & Milk
Tue.	Hot Breakfast Sandwich Assorted Fruit Juice & Milk
Wed.	Sausage Gravy and Biscuits Assorted Fruit Juice & Milk
Thur.	Hot Breakfast Sandwich Assorted Fruit Juice & Milk
Fri.	French Toast Sticks and Sausage Assorted Fruit Juice & Milk



## Meal Prices

Breakfast- Full Price \$1.75,  
Reduced Price \$0.30  
Lunch- Full Price \$3.05,  
Reduced Price \$0.40.

\*Free & reduced price meal applications are available in the school office or <https://www.myschoolapps.com/Application>.

\*To add funds to a student's meal account please visit <https://www.myschoolbucks.com/ver2/login/getmain?requestAction=home> to set up an account and make payments. We also accept cash or checks for meals.  
\*Any negative meal account balances are expected to be paid as soon as possible.

**This institution is an equal opportunity provider.** Menu subject to change without notice.

JANUARY						
M	T	W	T	F		
2	3	4	5	6		
9	10	11	12	13		
16	17	18	19	20		
23	24	25	26	27		
30	31					

FEBRUARY						
M	T	W	T	F		
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13	14	15	16	17		
20	21	22	23	24		
28						

MARCH						
M	T	W	T	F		
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27	28	29	30	31		

APRIL						
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MAY						
M	T	W	T	F		
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